

# STAFFORD COUNTY SCHOOL BOARD

## Agenda Consideration

**TOPIC:** Proposed Policy 6-25: Student Wellness

**ITEM NO:** 10H

**PREPARED BY:** Andrea Bengier  
Assistant Superintendent  
Instruction & Technology

**MEETING:** May 23, 2006

**ACTION DATE:** June 20, 2006

Chris Quinn  
Executive Director of Curriculum Services

Carol Lysher  
Coordinator for Health, Physical Education & Driver Education

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**ACTION REQUESTED BY THE SUPERINTENDENT:** That the School Board receives the information and consideration of the attached proposed Student Wellness Policy 6-25.

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### KEY POINTS:

The lack of physical activity and poor nutrition can affect school performance and increase the risk of developing many chronic diseases at an early age. Schools can play an important role in combating problems associated with poor nutrition and inactivity in children.

The U.S. Congress adopted a new provision that requires school divisions participating in the National School Lunch Program to establish a local wellness policy by the first day of school year 2006-07. These local policies must address nutrition education, physical activity and other school-based activities to promote student wellness.

The Health Advisory Committee members, teachers, Director of School Nutrition, Coordinator of Health and Physical Education, and school administrators assisted in the development of the student wellness policy.

The school division can make a positive impact on students by promoting healthy lifestyles through the development and implementation of proactive wellness policies. Stafford County Schools became a healthy lifestyle leader this past year with the adoption of the Healthy Beverage and Snack resolution in September of 2005. Student wellness policy 6-25 supports a desire to have "wellness" as a priority issue in all schools.

### SCHOOL BOARD GOAL:

**Goal 1:** Provide educational excellence through instruction that establishes high expectations for all students yet recognize the unique needs of each learner.

**FUNDING SOURCE:** N/A

**AUTHORIZATION REFERENCE:** Child Nutrition and WIC Reauthorization Act of 2004.

A. Student Wellness Policy: Generally

The Stafford County School Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for students. Schools should provide an environment that is conducive to healthy eating behaviors and regular physical activity. Teachers and staff should be advocates for promoting healthy lifestyle choices that are proven to have a positive influence on student achievement and student wellness. The Stafford County School Board has established the following goals to promote student wellness.

B. Goals for Nutrition Education

1. Students pre-kindergarten through tenth grade receive nutrition education that provides the knowledge and skills they need to adopt healthy eating behaviors.
2. The division's nutrition education curriculum reinforces of the importance of physical activity and the health risks associated with a sedentary lifestyle.
3. Staff responsible for nutrition education will be properly trained and regularly participate in professional development for up-to date and quality nutrition education.
4. Schools will provide nutrition information and activities that encourage healthy eating for families, both within and outside home.
5. The division maintains a coordinated and comprehensive outreach, promotion and pricing plan to ensure maximum participation in the school meal program, and should ensure that all eligible children qualify and receive free and reduced price meals.
6. Classroom snacks and the use of food as a reward should reinforce the importance of healthy choices and promote a healthy school environment.
7. Classroom celebrations should be encouraged to include as many healthy choices as sweet choices. Parents and families should receive guidance from the school on foods that are appropriate for celebrations.

C. Goals for Physical Activity

1. Students from kindergarten through tenth grade receive regular, age-appropriate quality physical education.
2. Physical education will be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.
3. Physical education will provide safe and satisfying physical activity for all students, including those with special needs.

4. All physical education classes will be taught by certified physical education teachers.
5. The division will provide professional training to enable staff to provide a variety of lifelong activities and health promotion programs.
6. Whenever possible, elementary schools will provide daily recess that encourages physical activity for 30 minutes a day with 20 minutes on the day of regular physical education.
7. Schools should not use non-participation in the entire recess period as a way to punish or discipline students.
8. Schools will ensure that students have adequate space and equipment to participate in structured physical activity.
9. Schools will ensure that physical activity facilities on school grounds are kept safe and well-maintained.
10. Schools will provide information and activities to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

#### D. Goals for Other School-based Activities

3. Competitive drinks and snacks are to follow the Healthy Beverage and Snack Resolution adopted by SCPS September of 2005.
4. School fundraisers shall promote positive health habits such as the sale of non-food items or include healthy choices.
5. Bus schedules shall be coordinated to allow students ample time before class to eat breakfast if they have not at home.
6. Students will be provided sufficient time to eat during the meal periods for breakfast and lunch.
7. Dining areas shall include enough seating to accommodate all students who would like to sit and eat lunch as well as enough serving areas so that students do not have to spend too much time waiting in line.
8. Schools will ensure that students eligible to receive free or reduced-priced meals are not treated differently from other students or easily identified by their peers.
9. The division will employ a food service director who is properly qualified according to professional standards to administer the school food service program and satisfy reporting requirements.
10. All food service personnel will have adequate pre-service training, participate in ongoing professional development and be sanitation certified.
11. School food service providers will adopt methods of cooking that decrease fat, calorie, and sodium levels in food.
12. Schools will plan breakfast and lunch menus that meet or exceed state and federal nutritional standards.

#### E. Implementation

The Instructional Coordinator for Health, Physical Education and Driver Education and Director of School Nutrition in consultation with the Health Advisory Committee will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the wellness policy, including indicators that will be used to measure its success.

#### Legal Reference:

In the Child Nutrition and WIC Reauthorization Act of 2004, the U. S. congress established a new requirement that all school divisions with federally funded school meals programs develop and implement local wellness policies by the start of the 2006-07 school year that addresses nutrition and physical activity.

Section 204 of the Reauthorization Act (Public Law 108-265)